

What is claimed is:

1. A portable vapor inhaler comprising:
a reservoir;
a vapor-concentrating lid that is removably attachable to the reservoir; and
5 an effervescent composition.
2. The portable vapor inhaler of claim 1, wherein the reservoir is a cup.
3. The portable vapor inhaler of claim 2, wherein the cup is selected from the group consisting of an insulated cup, a styrofoam cup, a cardboard cup, a plastic cup, a ceramic cup, and a paper cup.
- 10 4. The portable vapor inhaler of claim 1, wherein the reservoir is a collapsible membrane to which the vapor-concentrating lid can be attached, whereby the membrane is filled with water and placed into a container of any similar size and shape.
5. The portable vapor inhaler of claim 1, wherein the vapor-concentrating lid further comprises one or more vents.
- 15 6. The portable vapor inhaler of claim 1, wherein the vapor-concentrating lid further comprises a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area.
7. The portable vapor inhaler of claim 1, wherein the reservoir and the vapor-concentrating lid form substantially one piece and the vapor-concentrating lid further
20 comprises a closeable opening whereby the effervescent composition and water can be added to the reservoir.
8. The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of sodium bicarbonate, sodium carbonate, citric acid, sorbitol, polyethylene glycol, sodium
25 benzoate, magnesium oxide, and aminoacetic acid.

9. The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of menthol, eucalyptus oil, camphor, a flavor additive, and an excipient.
10. The portable vapor inhaler of claim 9, wherein the effervescent composition includes a coloring agent.
11. A portable vapor inhaler comprising:
a vapor-concentrating lid; and
an effervescent composition.
12. The portable vapor inhaler of claim 11 further comprising a reservoir, wherein the vapor-concentrating lid is removably attachable to the reservoir.
13. A system for the inhalation of humidified vapor comprising:
a reservoir;
a vapor-concentrating lid that is removably attachable to the reservoir; and
an effervescent composition.
14. A method for the inhalation of humidified vapor comprising:
filling a reservoir with hot water;
adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;
connecting a vapor-concentrating lid to the reservoir whereby an amount of humidified air forms in the reservoir; and
inhaling an amount of humidified air emitted through the vapor-concentrating lid.
15. A method of treating cold symptoms comprising:
filling a reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a vapor-concentrating lid to the reservoir whereby an amount of
5 humidified air forms in the reservoir; and

treating the cold systems by breathing an amount of humidified air emitted through the vapor-concentrating lid.

16. A method of treating allergy symptoms comprising:

filling a reservoir with hot water;

10 adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a vapor-concentrating lid to the reservoir whereby an amount of humidified air forms in the reservoir; and

15 treating the allergy symptoms by breathing an amount of humidified air emitted through the vapor-concentrating lid.

17. A method of decongesting nasal passages comprising:

filling a reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition
20 causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a vapor-concentrating lid to the reservoir whereby an amount of humidified air forms in the reservoir; and

decongesting nasal passages by breathing an amount of humidified air emitted
25 through the vapor-concentrating lid.